Scanned & Converted to PDF by FFCcottage

The Ashöka® Cookbook

Simple, Tasty Indian Recipes

Contents

INTRODUCTION

APPETISERS

Coriander Chutney 3
Cucumber and Onion Raita 4
Hot Lime Pickle 6
Imilee Chutney 10
Mango Chutney 11
Mint and Coconut Chutney 13
Pakora Sauce 13
Salt Lassi 14
Spiced Onions 15

STARTERS

Aloo Tikki 19
Chicken Tikka Kebab 20
Golden Fried Prawns 23
Masala Dosa 24
Onion Bhaji 25
Spring Lamb Chops 26
Stuffed Capsicums 27
Vegetable Pakoras 29
Vegetable Samosas 31

SOUPS

Chicken Mulligatawny Soup 34
Daal Soup 36
Indian Pea Soup 37
Tomato and Coriander Soup 38

FISH

Balti Fish Curry 43
Fish Kebab 44
Goanese Fish 48
Grilled King Fish 49
Prawn Balchao 50
Punjabi Jhinga Curry 53
Salmon Tikka 54

CHICKEN

Chicken Achari 58
Chicken Biryani 60
Chicken Chasni 61
Chicken Korma 62
Chicken Masala 65
Honey Chicken Tikka 67
Murgh ka Salan 68
Murgh Lababdar 71
Murgh Makhni 72
Sarsoon ka Murgh 73
Tandoori Chicken 75

MEAT

Aloo Maas Zaffrani 78
Beef and Broccoli Balti 81
Beef Madras Curry 83
Chilli Pork with Curry Leaves 84
Keema Mattar 87
Lamb Bhoona 88
Lamb Chops 90
Lamb Jalfrezi 93
Lamb Rogan Josh 94
Mild Beef Curry 96
Mughlai Leg of Lamb 97
Pork Vindaloo 99

VEGETARIAN

Aloo Gobi 103
Baigan Bharta 105
Okra Bhaji 108
Palak Paneer 109
Punjabi Channa 111
Shabanam Curry 113
Traditional Indian Daal 114

SUNDRIES

Bhatura 118
Chapatti 120
Masala Noodles 121
Nan 123
Paratha 126
Pilau Rice 129
Poori 131
Vegetable Pilau 132

DESSERTS

Almond Pudding 136
Gajar ka Halva 137
Gulab Jamin 139
Kheer 140
Mango Ice Cream 142
Pista Kulfi 145
INDEX 147
WEIGHTS AND MEASURES 148

Introduction

My earliest memory of restaurants was when I was eight years old and my mother took me to the Shish Mahal in Gibson Street, Glasgow. We had to wait for a table. In those days that meant waiting outside, such was the size of the queue. As we sat in one of the booths, I decided right there and then that, one day, I would love to open my own restaurant.

At the age of eleven, I worked my first shift in the Ashoka West End, just off Argyle Street. Charan Gill had just taken over the restaurant with his cousin Gurmail and my job was to make the coffees. The place was buzzing, especially at 11 p.m. when the pubs closed. I remember my first night when a rather drunken customer stumbled up to me and asked if we did home delivery. When I said yes, he replied, 'Gonnae take me hame, then?' To me, the patter was as important as the food.

Charan was influential in attracting me into the business. He was a charismatic character who loved nothing better than to sit with his staff at the end of a long shift and sing traditional Punjabi songs with his dholak (Indian drum). On keyboards would be Balbir, who at that time was 'The Boss' at the Elderslie Street offshoot of the Ashoka in Argyle St. These guys were the best in the business. Overall, the food looked and tasted fantastic. Gurmail would prepare the karahis, fresh and piping hot, and the aroma would drift across the restaurant like the Bisto gravy ad – Aaaah!

To be honest, the best food I have tasted is my mum's. My mother would have the uncanny knack of being able to turn something very uninteresting into something very tasty. Aubergines in the hands of an amateur don't work. My mum would make a delicious aloo bathow (aubergine and potato) and suddenly I was hooked. The chapattis would come off the griddle fresh and Mum would throw a knob of fresh butter on them – the result would be a scrumptious soft roti which just melted in your mouth.

Food should be simple. I have always pushed our Ashoka chefs to use the freshest ingredients and keep the flavour simple. It's easy to get carried away with the spices but a good chef knows when cardamoms should be used or how much chilli powder to use.

All the dishes in this book are easy, delicious recipes, offering a selection of my favourite dishes.

APPETISERS

These hot pickles, cooling raitas and tasty, tasty chutneys are just the thing to enrich any Indian feast.

Coriander Chutney

INGREDIENTS

- 1½tbsp lemon juice
- 1½tbsp water
- 85g fresh coriander leaves and stems, coarsely chopped
- 2tbsp fresh coconut, chopped
- 1 small shallot, finely chopped
- 1 thumb-sized piece of fresh root ginger, chopped
- 1 fresh green chilli, deseeded and chopped
- ½tsp sugar
- ½tsp salt
- pinch of pepper

METHOD

Put the lemon juice and water in a small food processor, add half the coriander and whiz until it is blended and a slushy paste is formed. Gradually add the remaining coriander and whiz until blended. If necessary, use a flexible spatula to scrape the mixture from the sides of the food processor. Add the remaining ingredients and continue whizzing until they are all finely chopped and blended.

Taste and adjust any of the seasonings before transferring the chutney to a non-metallic bowl. Cover the bowl and chill in fridge.

Serve with pakoras, samosas or any kind of kebab.

Cucumber and Onion Raita

INGREDIENTS

1½ cup natural yoghurt
3tbs Patak's Garlic Pickle
1 cup cucumber, diced in small cubes
1 cup onion, thinly sliced
1½tbsp fresh mint, finely chopped
1 green chilli, finely chopped
a pinch of salt
a pinch of freshly ground black pepper
a pinch of garam masala

METHOD

In a bowl, mix the yoghurt and garlic pickle together until well combined. Add the cucumber, onion, mint and chilli and again mix well and season with salt and freshly ground black pepper.

Transfer to a serving dish and sprinkle a pinch of garam masala over the raita.

Serve as an accompaniment with any curry dish.

Hot Lime Pickle

INGREDIENTS

25 limes
225g salt
50g ground fenugreek
50g mustard powder
150g chilli powder
15g ground turmeric
600ml mustard oil
1tsp asafoetida
2tbsp yellow mustard seeds,
crushed

METHOD

Cut each lime into 8 pieces, remove the seeds and put them in a large sterilised jar with a lid. Add the salt and shake the jar so that the limes are well coated. Cover the jar and leave it in a warm place for 1–2 weeks, until the limes become soft and dull brown in colour.

Mix the ground fenugreek, mustard powder, chilli powder and ground turmeric together and add the mixture to the jar of limes. Cover and leave to rest in a warm place for a further 2 or 3 days.

Heat the mustard oil in a frying pan and fry the asafoetida and mustard seeds. When the oil reaches smoking point, pour the mixture over the limes.

Mix well, cover with a clean cloth and leave in a warm place for about 1 week before serving or bottling.

Serve as an accompaniment to daal dishes or with paratha.

Cook's tip

You will need to plan well ahead if you are making this pickle because it requires at least 3 weeks to mature before it can be eaten. This long process is essential for the flavours to develop fully but it is worth waiting for as it results in a strong-tasting, traditional pickle.

Imilee Chutney

INGREDIENTS

100g tamarind pulp, chopped
450ml water
½ green chilli, chopped and deseeded
55g light brown sugar
½tsp salt

METHOD

Put the tamarind pulp and the water in a heavy-based saucepan and bring to the boil over a high heat. Once the mixture is boiling, reduce the heat to the lowest setting and simmer for 25 minutes, stirring occasionally to break up the tamarind pulp.

When the tamarind pulp is tender, use a sieve to drain off the water and discard it. Then, using a wooden spoon, push the tamarind pulp through the sieve into a clean pan.

Stir in the chilli, sugar and salt and continue simmering for a further 10 minutes. Leave to cool slightly then add some extra sugar or salt to taste.

Leave the chutney to cool completely before covering it tightly and storing it in the fridge.

Serve with samosas and pakoras. This chutney also goes well with fried fish.

Mango Chutney

INGREDIENTS

60ml malt vinegar
½tsp crushed dried chillies
6 cloves
6 peppercorns
1tsp roasted cumin seeds
½tsp onion seeds
pinch of salt
175g granulated sugar
450g green unripe mangoes
5cm piece fresh root ginger, thinly sliced
2 cloves of garlic, crushed
rind of 1 orange or lemon, thinly removed

METHOD

Scanned & Converted to PDF by FFCcottage

Pour the vinegar into a pan and add the chillies, cloves, peppercorns, cumin and onion seeds, salt and sugar. Place over a low heat and simmer to infuse the spices in the vinegar for about 15 minutes.

Using a sharp knife, skin the mango and cut up the flesh. Add the mango, ginger and garlic to the spiced vinegar and simmer until the mango is mushy and most of the vinegar has evaporated. When cool, pour the chutney into a jar, cover and leave it in the fridge for a few days before serving.

Delicious with popadoms or serve with pakoras and samosas.

Mint and Coconut Chutney

INGREDIENTS

50g fresh mint leaves, finely chopped
6tbsp desiccated, dry, unsweetened shredded coconut
1tbsp sesame seeds
½tsp salt
175ml natural yoghurt

METHOD

Put all the ingredients into a food processor and blend until smooth.

Transfer the chutney to a jar, cover and chill until needed.

Especially good served with lamb tikka or lamb samosas.

Pakora Sauce

INGREDIENTS

250ml natural yoghurt
salt to taste
5g red chilli powder
15g ready-made mint sauce
100g tomato ketchup

METHOD

Pour the yoghurt into a large bowl, add the salt and mix. Add the chilli powder, mint sauce and ketchup and mix everything together thoroughly.

Refrigerate and serve chilled.

Salt Lassi

INGREDIENTS

700ml natural yoghurt
½tsp salt
¼tsp sugar
250ml cold water
ice cubes
some ground cumin and
mint sprigs for garnishing

(SERVES 4–6)

METHOD

Beat the yoghurt, salt and sugar together in a jug or bowl, then add the water and whisk until frothy.

Fill 4 or 6 glasses with ice cubes and pour the yoghurt mixture in the glasses. Lightly dust the tops with ground cumin and garnish each with a sprig of mint.

Spiced Onions

INGREDIENTS

80g onions, chopped
salt to taste
15g red chilli powder
80g tomato ketchup
15g ready-made mint sauce
30g ready-made mango chutney
a handful of fresh mint for garnishing

METHOD

Put the chopped onions in a large bowl, add the salt, chilli powder, tomato ketchup and mint sauce and mix well. Add the mango chutney and mix again thoroughly.

Put the bowl in the fridge for around 30 minutes to allow the flavours to develop.

Garnish with the chopped mint and serve chilled with popadoms.

STARTERS

Whether it's a traditional favourite, like pakoras, samosas and bhajis, or something more exotic, such as golden fried prawns and chicken kebabs, you'll find the perfect starter here

Aloo Tikki

INGREDIENTS

900g potatoes, peeled and cut into chunks
salt to taste
2tsp green chillies, chopped
1tsp red chilli powder
1tsp garam masala
½tsp ground ginger
1tbsp fresh coriander, chopped
3 eggs, beaten
50g breadcrumbs
enough oil to deep-fry

(SERVES 4–6)

METHOD

Peel the potatoes and boil them in salted water. Drain the potatoes and add the chopped green chillies, red chilli powder, garam masala and ground ginger. Mash the potatoes with the spices and mix thoroughly. Add the chopped coriander, mix again and shape the mixture into round patties.

Dip each patty in the beaten egg and then coat with breadcrumbs.

Deep-fry each patty until golden brown.

Chicken Tikka Kebab

INGREDIENTS

- 4 skinned chicken breast fillets, weighing about 175g each
- 1tbsp lemon juice
- 3tbsp ready-made tandoori paste
- 3tbsp natural yoghurt
- 1 garlic clove, crushed
- 2tbsp fresh coriander, chopped
- salt and ground white pepper
- 1 small onion, cut into wedges and separated into layers
- a little oil for brushing

(SERVES 4)

METHOD

Chop the chicken breast fillets into 2–3cm cubes. Put the cubes in a mixing bowl and add the lemon juice, tandoori paste, yoghurt, garlic, chopped coriander and seasoning, ensuring the chicken is well coated. Cover the bowl and leave the chicken to marinate in the fridge for 2–3 hrs.

Preheat the grill. Thread alternate pieces of marinated chicken and onion on to eight skewers.

Brush the onions with a little oil, place on a grill rack and cook under a high heat for 10–12 minutes or until the chicken is cooked through, turning once halfway through the cooking time.

Serve the kebabs with a salad.

Golden Fried Prawns

INGREDIENTS

450g king prawns, peeled but with tails still on
enough vegetable oil for deep-frying

for the marinade
1tbsp ready-made ginger and garlic paste
salt to taste
½tsp red chilli powder
15ml lemon juice
½tsp ground cumin
½tsp garam masala

for the batter
½tsp black peppercorns, crushed
225g self-raising flour
25g cornflour
5ml vegetable oil enough water to give a consistency like pancake batter

(SERVES 4–6)

METHOD

Mix all the ingredients for the marinade together, add the prawns and leave them to marinade for at least 30 minutes.

Mix all the batter ingredients together and whisk until smooth.

Heat the oil to a temperature of 175–190C. To judge whether the oil is hot enough, put a cube of bread in and, if it rises to the surface immediately, the oil is ready.

Dip the prawns in the batter and deep-fry in batches until golden brown.

Masala Dosa

INGREDIENTS

for the dosa shell

1½ cups rice
½ cup of urad dal (black skinned lentils)
salt to taste
a little ghee or oil

for the masala filling

1tbsp oil
½tsp mustard seeds
½tsp yellow split peas
1 medium onion, chopped
1–2 green chillies
½tsp turmeric
2 large potatoes
salt to taste

(SERVES 8–10)

METHOD

for the dosa shell

In separate bowls, soak the rice and the urad dal in water for at least 6 hours or overnight. Drain off the water, grind both into pastes and then mix them together. Add salt and enough water to the mixture to form a thin batter and then leave it at room temperature overnight.

Heat pan or griddle with little ghee or oil. Spread the batter on to the pan using a circular motion to make a thin dosa. Cook on both the sides if desired.

for the masala filling

Heat the oil. Add mustard seeds, peas, onion, chillies and turmeric and fry for about 5 minutes on medium heat or until onions turn golden brown. Add the potatoes and keep stirring until potatoes are cooked.

Put a large spoonful of filling on top of each dosa, roll them up and serve hot with chutney.

Onion Bhaji

INGREDIENTS

140g gram flour
1tsp salt
1tsp ground cumin
1tsp ground turmeric
1tsp bicarbonate of soda
½tsp chilli powder
2tsp lemon juice
2tbsp vegetable or groundnut oil, plus enough for deep-frying
2–8tbsp water
2 onions, thinly sliced
2tsp coriander seeds, lightly crushed

(MAKES 12)

METHOD

Sift the gram flour, salt, cumin, turmeric, bicarbonate of soda and chilli powder into a large bowl. Mix in the lemon juice and oil and then very gradually stir in just enough water to form a batter with a similar consistency to that of single cream. Now mix in the onions and the crushed coriander seeds.

Heat enough oil for deep-frying in a wok or deep-fat fryer until it reaches 180C or until a cube of bread browns in 30 seconds. Without overcrowding the pan, drop in spoonfuls of the onion mixture and fry for 2 minutes. Then use tongs to flip the bhajis over and continue frying for a further 2 minutes or until golden brown.

Immediately remove the bhajis from the oil and drain well on kitchen paper. Fry the remaining batches of bhajis and serve with chutney or pakora sauce (see p. 13 for this).

Spring Lamb Chops

INGREDIENTS

- 8 small lean spring lamb chops
- 1 large fresh red chilli, deseeded
- 2tbsp fresh coriander, chopped
- 1tbsp fresh mint, chopped
- 1tsp salt
- 1tsp soft brown sugar
- 1tsp garam masala
- 1tsp garlic, crushed
- 1tsp fresh root ginger, grated
- 175ml low-fat natural yoghurt
- 2tsp oil
- a mixed salad, to serve

(SERVES 4)

METHOD

Scanned & Converted to PDF by FFCcottage

Trim any excess fat from each of the lamb chops. Place them in a large dish.

Finely chop the chilli, then place it in a bowl and mix it with the chopped fresh coriander, mint, salt, brown sugar, garam masala, crushed garlic and grated ginger. Pour the yoghurt into the chilli mixture and, using a small whisk or a fork, mix everything together thoroughly.

Pour mixture over the chops and turn them with your fingers to make sure that they are completely covered. Cover the dish and marinate the chops in the fridge overnight.

Heat the oil in a wok and add the chops. Cook over a medium heat for about 20 minutes or until cooked right through, turning the chops from time to time. Alternatively, grill the chops basting frequently with oil.

Serve with the mixed salad.

Stuffed Capsicums

INGREDIENTS

- 6 capsicums
- 2 potatoes, boiled
- 6 tbsp oil or ghee for frying
- 1 onion, finely chopped
- ¼tsp ground turmeric
- red chilli powder to taste
- ¼tsp garam masala powder
- ¼tsp dry mango powder (available from most Asian food shops or from www.ashokaspiceshop.com)
- 2tbsp green peas, boiled
- salt to taste
- 50g paneer (Indian cheese), grated
- a handful of fresh coriander, chopped

(SERVES 6)

METHOD

Wash the capsicums and boil them whole until they are just tender, drain water and keep aside to cool.

Mash the boiled potatoes.

Now heat 3tbsp of the oil or ghee in a pan, add the chopped onion and fry until it turns golden brown.

Next add all spices and the mashed potatoes, peas and salt and fry for a few moments.

With a sharp knife cut the stem off the capsicum and carefully take out seeds through the opening at the top and then add the stuffing through it.

Now put the remaining oil or ghee in heavy-bottomed frying pan and fry the stuffed capsicums on all sides.

Garnish the capsicums with the grated paneer and chopped coriander leaves and serve hot.

Vegetable Pakoras

INGREDIENTS

- 450g potatoes
- 60g onions, chopped
- 10g garam masala
- 300g gram flour
- salt to taste
- 5g red chilli powder
- 5g ground cumin
- 30g tomato ketchup
- 30g natural yoghurt
- 10g fresh coriander, chopped
- 200ml water
- vegetable oil for frying

(SERVES 4–6)

METHOD

Peel the potatoes and cut them into small dice. Put the potatoes and chopped onions in large bowl. Add the garam masala, gram flour, salt, chilli powder and ground cumin and mix well until the flour is distributed evenly and a rough paste is formed.

Add the tomato ketchup, yoghurt and coriander and mix well again. Now add water until the mixture just holds its consistency when dripping off the back of a spoon.

Heat the vegetable oil. To judge whether the oil is hot enough, put a cube of bread in and, if it rises to the surface immediately, the oil is ready. Cook the pakoras in batches by dropping one tablespoon of the mixture at a time into the hot oil. When the pakoras bob up to the surface, push them down gently with slotted spoon.

Cook the pakoras until they turn a dark brown. Remove the pakoras from the oil, gently shaking off the excess oil before serving. See p. 13 for pakora sauce.

Vegetable Samosas

INGREDIENTS

14 sheets of filo pastry, thawed and wrapped in a damp cloth
oil for brushing

for the filling

3 large potatoes, boiled and roughly mashed
75g frozen peas, thawed
1tsp ground coriander
1tsp ground cumin
1 small onion, finely chopped
2 fresh green chillies, finely chopped
2tbsp fresh coriander leaves, chopped
2tbsp fresh mint leaves, chopped
juice of 1 lemon
salt

(MAKES 28)

METHOD

Preheat the oven to 200C (gas mark 6).

Cut each sheet of filo pastry in half lengthways and fold each piece in half lengthways to give 28 thin strips. Lightly brush the strips with oil.

Toss all the filling ingredients together in a large mixing bowl until they are well blended. Adjust the seasoning with salt and lemon juice if necessary.

Taking one strip of the pastry at a time, place 1tbsp of the filling mixture at one end and fold the pastry diagonally over. Continue folding like this to form a triangle shape and then brush the samosas with oil. Put the samosas on a baking tray and bake in the oven for 10–15 minutes, until golden brown.

The samosas can also be deep-fried – see the pakora recipe for this.

SOUP

Tangy, colourful lentil, tomato and pea soups – and, of course, mulligatawny

Chicken Mulligatawny Soup

INGREDIENTS

1 onion, sliced
2tbsp vegetable oil
900g boneless skinned
  chicken portions
600ml water
6 green cardamom pods
5cm piece cinnamon stick
4–6 curry leaves
1tbsp ground coriander
1tsp ground cumin
½tsp ground turmeric
3 garlic cloves, crushed
1 onion, finely chopped
115g creamed coconut
juice of 2 lemons

(SERVES 4–6)

METHOD

Fry the sliced onions in the oil until they turn golden brown. These will be used for garnishing the soup so remove them from the pan and put them aside.

Place the chicken portions in a large pan with the water, bring it to the boil and then simmer for about 1 hour or until the chicken is tender.

Remove the pan from the heat, skim the surface and then remove the chicken pieces with a slotted spoon and keep them warm.

Reheat the chicken stock in the pan and add all the remaining ingredients, except the chicken and the deep-fried onions. Simmer for 10–15 minutes, then strain and return the chicken to the soup. Put the soup in a food processor or blender and blend until smooth.

Reheat the soup and serve garnished with the fried onions.

Daal Soup

INGREDIENTS

1tbsp ghee
1 large onion, finely chopped
2 garlic cloves, crushed
1 fresh green chilli, chopped
½tsp turmeric
75g split red lentils (daal)
250ml water
salt to taste
400g tinned tomatoes, chopped
½tsp sugar
lemon juice to taste
200g plain boiled rice or 2 boiled potatoes
a handful of fresh coriander, chopped, for garnishing

(SERVES 4–6)

METHOD

Heat the ghee in a large pan and fry the onion, garlic, chilli and turmeric until the onion is translucent.

Add the lentils and water and bring to the boil. Reduce the heat, cover and cook until all the water has been absorbed.

Mash the lentils with the back of a wooden spoon until you have a smooth paste. Add salt to taste and mix well.

Add the tomatoes, sugar and lemon and reheat the soup. To provide extra texture, fold in the plain boiled rice or boiled potatoes (cut into small cubes).

Serve hot, garnished with the fresh coriander.

Indian Pea Soup

INGREDIENTS

115g potato, chopped
75g onion, chopped
1.2litre ready-made chicken stock
2cm piece fresh root ginger
½tsp ground cumin
5tbsp fresh coriander, chopped
½ green chilli
275g fresh or frozen peas
1tbsp lemon juice
salt to taste
150ml double cream

(Serves 6)

METHOD

Put the potato, onion, stock, ginger and cumin in a pan and bring to the boil. Simmer for 30 minutes.

Remove the ginger and add the coriander, chilli, peas, lemon juice and salt. Simmer for a further 2–3 minutes. Purée in a food processor and then reheat. Add the cream and heat through before serving.

Tomato and Coriander Soup

INGREDIENTS

675g tomatoes
1tbsp oil
1 bay leaf
4 spring onions, chopped
1tsp salt
1½ tsp garlic, crushed
1tsp black peppercorns, crushed
2tbsp fresh coriander, chopped
750ml water
1tbsp cornflour
a little cold water
30ml single cream for garnishing

(SERVES 4)

METHOD

To peel the tomatoes, plunge them into very hot water, leave for 30 seconds and then take them out. The skin should now peel off easily – if not, put the tomatoes back in the water for a little longer. Once they have been peeled, roughly chop the tomatoes.

In a medium-sized heavy pan, heat the oil and fry the tomatoes, bay leaf and spring onions for a few minutes until the spring onions are soft.

Gradually add the salt, garlic, peppercorns and coriander. Pour in the water, stir thoroughly and then simmer gently over a low heat for 15–20 minutes.

Meanwhile, dissolve the cornflour in a little cold water to form a thick creamy paste.

Remove the soup from the heat and leave to cool slightly for a few minutes. Press the soup through a sieve or purée it in a food processor or blender.

Return the puréed soup to the pan, add the cornflour mixture and stir over a gentle heat for about 3 minutes until it has thickened.

Pour the soup into individual serving bowls and garnish with a swirl of cream. Serve hot.

FISH

From the delicately spiced fish kebab to the more robust Goanese fish curry and the unusual salmon tikka, this is a fish lover's paradise

Balti Fish Curry

INGREDIENTS

- 2 fillets of haddock, cut into chunks
- 2 bay leaves
- 110ml vegetable oil
- 1 onion, chopped
- 120ml water
- a handful of coriander, chopped, for garnishing

for the marinade

- 1tsp ground ginger
- 1tsp ready-made garlic paste
- 1tsp green chilli, deseeded and chopped
- 1tsp ground coriander
- 1tsp ground cumin
- ½tsp ground turmeric
- ½tsp chilli powder
- salt to taste

(SERVES 4–6)

METHOD

First of all make the marinade. Mix all ingredients together in a bowl, stirring in a little water to form a thin paste. Add the chunks of fish, ensuring they are all smeared with the marinade. Add the bay leaves to the mixture and refrigerate for 30 minutes.

Take the fish out of the fridge at least 15 minutes before the actual preparation.

Heat the oil in wok over a medium high heat. Add the onion and stir-fry for 5–6 minutes or until they are soft and golden (not brown). Gently add the marinade but not the fish, stir in the water and bring the pan to the boil. Now add the chunks of fish and cook for a few minutes. Reduce the heat and continue to cook for a further 5 minutes.

Garnish with the chopped coriander and serve hot.

Fish Kebab

INGREDIENTS

5cm piece of fresh root ginger, crushed
1 clove of garlic, crushed
2tsp ground cumin
1tsp freshly ground black pepper
1tsp ground coriander
1tsp garam masala
½tsp ground cloves
1tsp ground aniseed
75ml natural yoghurt
1kg white fish fillets, skinned and cubed
4 small onions, peeled
oil for basting
1 lemon, cut into slices

(SERVES 4)

METHOD

Put the ginger, garlic, cumin, black pepper, coriander, garam masala, cloves and aniseed in a large bowl. Stir in the yoghurt and mix together until well blended.

Add the pieces of fish to the yoghurt mixture and turn them around in the marinade until they are well coated. Leave the fish to marinate in a cool place for a least 1 hour.

Cut the onions into thick slices. Thread them on to some wooden kebab skewers, alternating them with the marinated fish.

Brush the kebabs with any remaining yoghurt marinade and a little oil. Arrange them on a grill pan and place under a preheated grill, turning the kebabs occasionally and basting them with oil and marinade as necessary. Continue doing this until the kebabs are cooked and lightly browned all over.

Serve with rice, accompanied by lemon slices and raita (see p. 4 for this).

Goanese Fish Curry

INGREDIENTS

40ml vegetable oil
½ medium red onion, peeled and sliced
400ml coconut milk
10 curry leaves
1½tbsp tamarind pulp, soaked in 60ml of water
720g fish fillets, diced

for the spice paste

8 dried red chillies
1tsp coriander seeds
½tsp cumin seeds
1tsp turmeric
1tsp garlic
1tsp green chillies, split
1tsp sugar
salt to taste
50ml water

(SERVES 4–6)

METHOD

Put all the ingredients for the spice paste into a mortar and grind them together with the water to form a smooth paste.

Heat the oil in a pan, add onion slices and sauté them for 5 minutes over a medium heat and then add the spice paste.

Sauté for a further minute before adding the coconut milk and curry leaves. Put a lid on the pan and cook on medium heat for 10 minutes.

Strain the tamarind pulp, add it to the pan and cook for another 2 minutes.

Now add fish and cook with the lid off for 8 minutes or until the fish is tender.

Serve with steamed rice.

Grilled King Fish

INGREDIENTS

4 large fillets of fish (use any firm fish)
2tbsp ground coriander
3tbsp vegetable oil
1tbsp red chilli powder
1tbsp ready-made garlic paste
2tbsp lime juice
salt to taste

(SERVES 4)

METHOD

Clean and wash the fish.

Put all the other ingredients in a large bowl and mix well before adding the fish. Put the bowl in the fridge and allow the fish to marinate for 2–6 hours.

Preheat oven to 200C (gas mark 5). Place the fish on a baking tray and pour any remaining marinade over it. Cover the fish with foil and cook in the oven for 10–12 minutes. Remove the tray from the oven, baste the fish and place it back in the oven uncovered and cook for a further 5–10 minutes until it has browned on the top.

Serve with a green salad and a drizzle of olive oil.

Prawn Balchao

INGREDIENTS

700g prawns (small size)
2g cumin seeds
4 cloves
8 black peppercorns
8 cardamoms
4 x 2–3cm cinnamon sticks
6 whole red chillies
100ml malt vinegar
150ml vegetable oil
2 medium onions, chopped
2tbsp ready-made ginger and garlic paste
1tsp red chilli powder
1tsp salt
2 tomatoes, chopped
6 curry leaves
200ml coconut milk
3 red chillies, dry-roasted in a frying pan

(SERVES 4–6)

METHOD

Shell and de-vein the prawns and then wash them and pat them dry.

Put the cumin seeds, cloves, peppercorns, cardamoms, pieces of cinnamon stick, whole red chillies and the malt vinegar in a blender and blitz to form a paste. Scrape the paste out of the blender into a bowl and put it to one side.

Heat the oil in a pan over medium high heat and deep-fry the prawns until golden brown.

Remove the prawns and then add the onions to the same oil. Sauté the onions until they turn golden brown.

Add the ready-made ginger and garlic paste, the red chilli powder and the salt and stir for 2 minutes.

Add the tomatoes and stir constantly for 2–3 minutes

Add the paste mixture and stir for 2 minutes.

Add the fried prawns and the curry leaves and cook until prawns are tender.

Finally, add the coconut milk and simmer for a further 2 minutes.

Serve hot, garnished with whole dry-roasted chilli.

Punjabi Jhinga Curry

INGREDIENTS

50ml vegetable oil
1tsp mustard seeds
1 medium onion, chopped
2tsp garlic, chopped
2tsp fresh root ginger, chopped
2tsp fresh green chillies
1tsp garam masala
3 fresh tomatoes, skinned, puréed and strained
salt to taste
20ml malt vinegar
450g king prawns (headless and peeled)
a few sprigs of fresh coriander

(SERVES 4–6)

METHOD

Heat the oil in a pan and add the mustard seeds. Stir on a medium heat until the mustard seeds begin to crackle and then add the onion, garlic and fresh ginger. Sauté until the onion turns brown.

Now add the chillies, garam masala and tomato purée and cook for 5 minutes.

Next add the salt and vinegar and cook for a further 15 minutes.

Lower heat, add the king prawns, cover the pan with a lid until the prawns are tender.

Serve hot, garnished with the sprigs of coriander.

Salmon Tikka

INGREDIENTS

45ml lemon juice
2tbsp fresh root ginger, finely chopped
2tbsp ready-made garlic paste
salt to taste
560g boneless salmon fillet, cut into 5cm cubes
1tbsp gram flour
1tsp ground turmeric
1tsp red chilli powder
2tsp cumin seeds
2tbsp natural yogurt
salt to taste
1tsp olive oil, plus enough for basting

(SERVES 4)

METHOD

Mix the lemon juice, fresh ginger, garlic paste and salt together and rub the mixture into the cubes of fish. Put the fish aside for 15 minutes.

Combine the gram flour, ground turmeric, red chilli powder, cumin seeds, yoghurt, salt and oil to form a marinade. Marinate the cubes of fish in this mixture for 4–6 hours.

Preheat the oven at 170C (gas mark 3). Put the cubes of marinated salmon on a roasting tray and put it in the oven for 8 minutes. Remove the tray from the oven and turn the cubes of fish over, baste with the oil and then roast for another 4–5 minutes.

CHICKEN

Chicken is a staple ingredient of Indian cuisine in Europe and here you'll find traditional curries like the mild and creamy korma and extremely easy to make dishes such as honey chicken tikka

Chicken Achari

INGREDIENTS

60ml mustard oil
½tsp mustard seeds
½tsp cumin seeds
1tsp coriander seeds
1tsp fenugreek seeds
1tsp whole aniseeds
4 cloves
1tsp ground turmeric
1 small onion, finely sliced
100g natural yoghurt
80g cashew nuts, soaked overnight
1tsp garam masala
1tsp red chilli powder
20g mixed pickles
50ml single cream
625g boneless chicken, cubed
100g tomato purée
25g butter
80ml water
5ml lemon juice
salt to taste
a little dry red chilli for garnishing

(serves 4–6)

METHOD

Heat the oil in a frying pan over a medium heat and add the mustard seeds, cumin seeds, coriander seeds, fenugreek seeds, aniseeds and cloves and cook for 2 minutes.

Fry the finely sliced onions until they are golden brown and then put them in a bowl with the yoghurt and grind them to a paste. Drain the soaking water from the cashews and grind them to a paste, adding a little water if necessary.

Add remaining spices along with the brown onion paste, the cashew nut paste, the mixed pickle and the cream to make a thick paste. Mix well and continue cooking for 3–5 minutes until the oil starts floating on the top.

Add the chicken and mix well to make sure chicken pieces are well coated on all sides. Add the tomato purée and butter and cook for 10 minutes.

Now add the water and lemon juice and salt and simmer for another 10 minutes.

Serve hot, garnished with dry red chilli.

Chicken Biryani

INGREDIENTS

1½ cups basmati rice
2 cups water
2tbsp garam masala
2 bay leaves
salt to taste
3tsp red chilli powder
2tbsp fresh ginger, chopped
2tbsp garlic, chopped
3tbsp garam masala
2tsp ground turmeric
1 cup natural yoghurt
600g chicken, cut into pieces
3tbsp oil
1 onion, sliced
1tbsp ground coriander
1 tomato, chopped
½g saffron
½ cup warm milk
1tbsp ginger, sliced into julienne
2tbsp mint leaves
50g butter
1tbsp fresh coriander, chopped, for garnishing

(SERVES 4–6)

METHOD

Pick out any discoloured grains of rice, wash it and then soak it in water for about 30 minutes.

Bring the water to the boil, add 2tbsp of garam masala, 1 bay leaf, the soaked rice and 1tsp salt and boil until the rice is three-quarters cooked. Drain the rice and put it aside.

Mix the rest of the salt, half of the red chilli powder, half of the chopped ginger, half of the chopped garlic, 1tsp of garam masala, half of the ground turmeric and the yoghurt together. Mix well and put chicken pieces in this to marinate for an hour.

Heat the oil in a patila or a thick-bottomed pan. Add 1tbsp of garam masala and fry for 1 minute. Add the sliced onions and sauté until a light golden brown.

Then add remaining chopped ginger, chopped garlic, ground coriander, ground turmeric, red chilli powder, 1tsp garam masala powder and chopped tomatoes. Cook for about 5 minutes. Add marinated chicken and cook until chicken is tender.

Dissolve the saffron in the warm milk. Arrange alternate layers of chicken and rice. Sprinkle saffron dissolved in milk, remaining garam masala powder, julienne ginger, mint leaves and butter in between the layers and on top. Make sure that you end up with rice layer topped with saffron and spices.

Cover and seal with aluminium foil and cook in a preheated oven at

Chicken Chasni

Scanned & Converted to PDF
by FFCcottage

INGREDIENTS

40ml vegetable oil
2 onions, finely chopped
1tsp ground turmeric
1tsp red chilli powder
salt to taste
560g boneless chicken, cubed
180g mango chutney
200g tomato ketchup
1tsp fresh mint
5ml lemon juice
400ml single cream
a splash of single cream and some slices of lemon, for garnishing

(SERVES 4–6)

METHOD

Heat the oil in a wok over medium heat. Add the onions and sauté until they are golden brown. Stir in the ground turmeric, chilli powder and salt. Add the chicken cubes and stir-fry for 10 minutes.

Now add the mango chutney, tomato ketchup, mint and lemon juice and, over medium heat, simmer for about 10 minutes until the chicken is cooked.

Slowly stir in cream and simmer for a further two minutes.

Serve hot, garnished with the single cream and the lemon slices.

Chicken Korma

INGREDIENTS

20ml coconut cream
200ml single cream
50ml natural yoghurt
2tsp fresh ginger, chopped
2tsp garlic, chopped
2 peeled plum tomatoes
50ml vegetable oil
1 small onion, chopped
1tsp ground turmeric
625g boneless chicken, cubed
½tsp ground cumin
a pinch of ground nutmeg
a pinch of ground cinnamon
salt to taste
a pinch black pepper
200ml water
2tbsp coconut powder for garnishing

(SERVES 4–6)

METHOD

Mix coconut cream, single cream and yoghurt together in a large bowl and put it to one side.

Blend together the ginger, garlic and peeled plum tomatoes to form a paste and also put this to one side.

Heat the oil over medium-high heat, add onion and sauté until it is golden. Add the ginger, garlic and tomato paste and stir-fry for 2–3 minutes before stirring in the ground turmeric. Now add the chicken pieces to the pan and cook for 2 minutes.

Next stir in the ground cumin, nutmeg, cinnamon and the salt and pepper. Mix well and cook for 5 minutes. Add the water, cover the pan with a lid and simmer for 10–15 minutes or until chicken is tender.

Add cream and the yoghurt mixture, stir well and simmer for 5 minutes.

Serve hot, garnished with the coconut powder.

Chicken Masala

INGREDIENTS

200ml vegetable oil
560g chicken breasts, cubed
1 green pepper, chopped
1½tbsp fresh ginger, chopped
1½tbsp garlic, chopped
30g peeled plum tomatoes
1tsp green chillies, chopped
1 medium onion, finely chopped
salt to taste
½tsp red chilli powder
½tsp paprika powder
1tsp ground turmeric
a pinch ground cinnamon
1tsp garam masala
300ml natural yoghurt
a few sprigs of fresh coriander

(SERVES 4–6)

METHOD

Heat the oil in a pan over medium heat, add the chicken and sauté for 5–7 minutes or until light golden brown. Remove the chicken and put it to one side.

Add the pepper to the same pan and stir-fry for 3–4 minutes or until crisp but tender. Remove the chopped pepper and keep it aside along with chicken.

Blend the ginger, garlic, tomatoes and green chillies in a blender to form a paste.

Put the chopped onion in the pan that the chicken and peppers were cooked in and fry until golden brown. Now add the ginger, garlic, tomato and chilli paste to the onion and stir well.

Add the salt, chilli powder, paprika powder, ground turmeric, ground cinnamon and garam masala and stir-fry for 5–7 minutes or until the garam masala turns rich brown colour.

Return the chicken and green pepper to the pan and cook for 10 minutes, stirring continuously. Next add the yoghurt and simmer for another 10 minutes.

Served hot, garnished with the sprigs of coriander.

Honey Chicken Tikka

INGREDIENTS

560g boneless chicken breasts, cut into 5cm strips
100ml lemon juice
10ml honey
1tsp red chilli powder
3tbsp ready-made ginger and garlic paste
1tsp ground white pepper
½tsp ground nutmeg
a pinch of red food colouring (optional)
salt to taste
40ml mustard oil

(SERVES 4–6)

METHOD

Combine all the ingredients except the oil in a large bowl. Make sure the strips of chicken breast are evenly coated and leave them to marinate for 3 hours.

Brush the marinated chicken with the mustard oil, put it on a roasting tray and roast in the oven at 180C (gas mark 5) for 20 minutes or until chicken is tender.

Murgh ka Salan

INGREDIENTS

30g cashew nuts, broken up
50g peanuts
30g melon seeds
15ml vinegar
90ml vegetable oil
2 medium onions, chopped
2 whole red chillies
a pinch asafoetida
1tsp ground turmeric
150g natural yoghurt
100ml coconut milk
625g boneless chicken, diced
salt to taste
1tsp dry mango powder (available in Asian food shops or from www.ashokaspiceshop.com)
1tsp ground fenugreek
1tsp red chilli powder
80ml water

(SERVES 4–6)

METHOD

Blend the cashew nuts, peanuts, melon seeds and vinegar in a blender. Spoon the paste into a small bowl and put it to one side.

Heat the oil in a pan over medium heat. Add the onions, whole red chillies and the asafoetida and sauté for 3 minutes. Now add the ground turmeric and the blended nut and melon seed paste and stir continuously until the mixture comes to the boil.

Next add the yoghurt and coconut milk and simmer for 2 minutes before adding the chicken and cooking for 10 minutes. Add the salt, dry mango powder, ground fenugreek and red chilli powder and stir well. Add the water and cook for another 10 minutes or until chicken is tender.

Serve hot.

Murgh Lababdar

INGREDIENTS

100ml vegetable oil
4 cloves
2 bay leaves
2–3cm cinnamon stick
2tbsp ready-made ginger and garlic paste
2 green chillies, chopped
2 medium onions, chopped
½tsp red chilli powder
a pinch of grated nutmeg
½tsp paprika powder
1tsp ground fenugreek
3 tomatoes, chopped
560g boneless chicken, cubed
salt to taste
5tbsp plum tomato purée
150ml single cream
2tsp honey
1tbsp butter
½ green pepper, sautéed in butter
½ yellow pepper, sautéed in butter
½ red pepper, sautéed in butter
2tsp julienne ginger

METHOD

Heat the oil in a pan, add the cloves, bay leaves and cinnamon and stir-fry for 2 minutes. Add the ready-made ginger and garlic paste and the green chillies and keep stirring until the paste starts turning brown.

Add the chopped onions and cook until onions turn golden brown.

Add the chilli powder, nutmeg, paprika and ground fenugreek and stir for 1 minute. Now add the tomatoes and cook until soft.

Add the chicken and salt, cook for 10 minutes and then add tomato purée. Continue cooking until oil separates and comes to the surface.

Now add the cream, honey, butter and sautéed peppers and simmer gently for 5 minutes.

Serve hot, garnished with the julienne ginger.

Murgh Makhni

INGREDIENTS

100g butter
2tbsp ready-made ginger and garlic paste
800g plum tomato purée
salt to taste
2tsp green chilli, chopped
2tsp julienne ginger
1tsp red chilli powder
1tsp garam masala
½tsp paprika powder
625g chicken tikka *(use the recipe on p. 67 for this)*
100ml water
200ml single cream
20ml honey
a pinch ground fenugreek

(SERVES 4–6)

METHOD

Melt half the butter in a pan, stir in the ready-made ginger and garlic paste and sauté for 3–4 minutes. Add the tomato purée and salt and cook for 5 minutes. Now add the remaining butter, chopped green chilli and julienne ginger. Then, stirring constantly, add the red chilli, garam masala and paprika powders and cook for 5 minutes or until sauce thickens.

Add the chicken and cook for 5 minutes before adding the water. Now reduce the heat and simmer gently for 10 minutes.

Stir in most of the cream, reserving some for garnishing, and the honey, simmer for a further 10 minutes and then sprinkle the ground fenugreek on top.

Serve hot, garnished with a little cream.

Sarsoon ka Murgh

INGREDIENTS

1tbsp ready-made ginger and garlic paste
560g skinless chicken on the bone, cut into pieces
80ml mustard oil
1tsp mustard seeds
1tsp fenugreek seeds
1tsp ready-made red chilli paste
salt to taste
½tsp ground cumin
½tsp ground coriander
½tsp garam masala
1tbsp fresh mint leaves, chopped
6tbsp fresh coriander, chopped
2tsp fresh green chillies, chopped
2 medium tomatoes, chopped
100ml water
5g julienne tomato, for garnishing

(SERVES 4)

METHOD

Rub half of ready-made ginger and garlic paste into the chicken pieces and leave them to marinate for 30 minutes.

Heat the mustard oil in a frying pan. Add the mustard and fenugreek seeds and sauté until seeds crackle. Add the red chilli paste, salt, ground cumin, ground coriander and garam masala and cook for 5 minutes over a medium heat.

Meanwhile, prepare a paste by blending together the mint, fresh coriander and the green chillies. Add this paste to the pan and combine it with the rest of the spices.

Now add the chopped tomatoes and stir-fry for 5 minutes.

Add the marinated chicken pieces to the pan and continue cooking for 5–10 minutes.

Add the water reduce heat and cook for another 10 minutes or until chicken is tender.

Serve hot garnished with the julienne tomato.

Tandoori Chicken

INGREDIENTS

2 whole chickens, skinned
60ml lemon juice
3tbsp ready-made ginger and garlic paste
2tsp red chilli powder
1tsp garam masala
150g natural yoghurt
3tbsp ready-made tandoori paste
2tbsp fresh coriander, chopped
salt to taste

(SERVES 8)

METHOD

Cut each chicken into four pieces with a sharp knife. Make deep cuts on the breasts, thighs and legs.

Mix the lemon juice, ready-made ginger and garlic paste and salt together and coat the chicken pieces with this mixture and put them aside for 30 minutes.

Make a marinade with red chilli powder, garam masala, yoghurt, tandoori paste, coriander and salt. Rub chicken pieces with this marinade and allow them to marinate for 4–6 hours or overnight.

Preheat the oven at 180C. Place the chicken pieces in a roasting tray and roast for 8–10 minutes. Remove the tray from the oven, turn the chicken pieces over, baste them with their own juices and roast for a further 10 minutes or until tender.

MEAT

Fiery beef madras and pork vindaloo sit alongside the more subtle flavours of several lamb dishes, including the stunning mughlai leg of lamb

Aloo Maas Zaffrani

INGREDIENTS

450g boneless lamb
2tsp fresh ginger, chopped
2tsp fresh garlic, peeled and chopped
1 medium onion, chopped
450ml natural yoghurt
1tsp red chilli powder
1tsp ground turmeric
3tsp ground ginger
1tsp ground coriander
60ml vegetable oil
1 large potato, peeled and diced
1 onion, sliced
500ml water
salt to taste
a pinch of garam masala
2tbsp fresh coriander, chopped

(SERVES 4)

METHOD

Trim any excess fat from the meat, cut it into 4cm cubes and wash it thoroughly.

Scanned & Converted to PDF by FFCcottage

Blend the fresh ginger and garlic together using a mortar and pestle until a fine paste is formed.

Put the garlic-and-ginger paste, chopped onion, yoghurt, chilli powder, ground turmeric, ground ginger and ground coriander in a bowl and mix everything together. Add the meat, mix it in thoroughly and leave it to marinate for 30–45 minutes.

Heat the oil in a heavy-bottomed pan, add diced potatoes and, stirring occasionally, fry for 10–15 minutes or until the potatoes turn golden in colour. Remove the potatoes from the pan and put them to one side.

Add the sliced onion to the same pan and sauté for 5 minutes before adding the meat and marinade to the pan. Cook for 5 minutes over a medium-high heat.

Add the water and salt, mix again and cover with tight-fitting lid. Lower the heat and simmer gently for 45 minutes or until the sauce has thickened and the meat is tender.

Add the fried potatoes, stirring them carefully into the meat, and cook for another 5 minutes.

Serve hot with the garam masala and fresh coriander sprinkled on top of the dish.

Beef and Broccoli Balti

INGREDIENTS

50g ghee or 2tbsp vegetable oil
1 large onion, chopped
2 garlic cloves, crushed
450g frying steak, cut into narrow strips
1tbsp ground coriander
1tsp garam masala
1tsp chilli powder
1tsp mustard powder
pinch of salt
250g tin of chopped tomatoes
225g broccoli, washed, broken into florets and florets cut in half

(SERVES 4)

METHOD

Melt the ghee or oil in a heavy-based frying pan and fry the onion until lightly browned. Add the garlic and fry for 1 minute.

Add the steak, increase the heat and stir-fry until the steak is browned on all sides. Lower the heat, then cover and cook the meat in its own juices for about 10 minutes until tender.

Stir in the ground coriander, garam masala, chilli powder, mustard powder and a pinch of salt and stir-fry over a low heat for a few seconds. Stir in the tin of chopped tomatoes, including the juice, and cook, uncovered, until almost dry. Add the broccoli and stir-fry for a few minutes. Partly cover the frying pan and simmer until tender.

Serve hot.

Beef Madras Curry

INGREDIENTS

60ml vegetable oil
1 onion, finely sliced
3 or 4 cloves
4 green cardamom pods
2 whole star anise
4 fresh green chillies, chopped
2 fresh or dried red chillies, chopped
45ml ready-made madras masala paste
5ml ground turmeric
450g lean beef, cubed
60ml tamarind juice
granulated sugar to taste
salt
a few sprigs of fresh coriander, for garnishing

(SERVES 4–6)

METHOD

Heat the oil in wok over a medium heat and fry the onion slices for about 8 minutes until they turn golden brown.

Lower the heat add all the spice ingredients and fry for a further 2–3 minutes.

Add the cubed beef and mix well with the spices. Cover and cook over a low heat until the beef is tender and fully cooked. Cook uncovered on a higher heat for the last few minutes to reduce the excess liquid.

Remove the pan from the heat and fold in the tamarind juice, sugar and salt. Reheat the dish and garnish with the sprigs of coriander.

Chilli Pork with Curry Leaves

INGREDIENTS

2tbsp vegetable oil
1 large onion, finely sliced
5cm piece fresh root ginger, grated
4 garlic cloves, crushed
12 curry leaves
3tbsp ready-made extra-hot curry paste (or 4tbsp hot curry powder)
1tbsp chilli powder
1tsp five-spice powder
1tsp ground turmeric
salt
900g pork, cubed
175ml thick coconut milk
1 red onion, finely sliced, for garnishing

(SERVES 4–6)

METHOD

Heat the oil in a wok and fry the sliced onion, ginger, garlic and curry leaves until the onion is soft. Add the curry paste or powder, chilli powder, five-spice powder, ground turmeric and salt and stir well.

Add the pork and stir well over a medium heat to seal and evenly brown the meat pieces. Keep stirring until the oil separates and then cover the pan and cook for about 20 minutes.

Now stir in the coconut milk, cover the pan again and simmer until the meat is cooked. Towards the end of cooking, uncover the pan to reduce the excess liquid.

Serve hot, garnishing with the red onions.

Keema Mattar

INGREDIENTS

2tsp fresh ginger, chopped
2tsp garlic, chopped
1 medium onion, chopped
40ml vegetable oil
1 green chilli, chopped
½tsp ground cinnamon
½tsp ground turmeric
½tsp ground coriander
½tsp ground cumin
450g minced lamb
125g fresh tomatoes, chopped
15ml lime juice
1tsp soft brown sugar
a pinch of crushed black peppercorns
125g peas
1tsp fresh green chilli, sliced, for garnishing

(SERVES 4)

METHOD

Mix the ginger, garlic, onion and vegetable oil together and blend in a food processor to a fine purée. Spoon and scrape the mixture into a small skillet and cook for 5–7 minutes or until mixture turns almost brown.

Add the green chilli, cinnamon, turmeric, coriander and cumin. Stir-fry to blend all the ingredients together and continue cooking for 2–3 minutes.

Add the meat and cook, stirring and chopping down with the side of heavy metal spoon to break up any lumps. Continue stirring for 10 minutes or until meat is almost done.

Add the tomatoes, lime juice and sugar and sprinkle in the crushed pepper. Cover and simmer gently for 30 minutes.

Add the peas and continue cooking for a further 5–6 minutes or until peas are tender.

Serve hot, garnished with the sliced fresh green chilli.

Lamb Bhoona

INGREDIENTS

2–3tbsp vegetable oil
1tbsp fresh garlic, chopped
3g fresh ginger, cut into julienne
1 medium onion, chopped
2tsp red chilli powder
2tsp ground coriander
1tsp ground turmeric
salt to taste
450g boneless lamb, cut into 3–5cm cubes
150g tomatoes, chopped
125ml water
a handful of fresh coriander for garnishing

(SERVES 4)

METHOD

Heat the oil in a pan over a medium heat and add the fresh chopped garlic and ginger and stir-fry for 2–3 minutes or until the garlic starts turning light brown. Add the onion and continue stirring until it turns golden brown.

Add the red chilli powder, ground coriander, ground turmeric and salt, stir well and continue cooking for 5 minutes or until oil comes up to the top.

Now add the lamb cubes and cook for 15–20 minutes or until meat is half cooked.

Next add the chopped tomatoes and continue cooking for another 5 minutes. Slowly add the water and continue stirring to mash the tomatoes.

Lower the heat and let it simmer for another 5 minutes.

When the oil is released again and comes to the surface, it means the meat has reached the 'bhoona' stage, indicating it is almost tender and only a short time of further cooking is required. So, when this happens, you should cook it for a further 2–3 minutes.

Serve hot, garnished with the coriander.

Lamb Chops

INGREDIENTS

450g lamb chops
2tbsp butter

for the marinade

100ml mustard oil
100g natural yoghurt
1tsp ground turmeric
1tsp red chilli powder
4tsp mango powder
  (available in Asian food
  shops or from www.ashoka
  spiceshop.com)
1tsp ground cumin
1tsp garam masala
100ml malt vinegar
1½ tbsp ready-made ginger
  and garlic paste
salt to taste

(SERVES 4)

METHOD

Mix all the marinade ingredients together to form a soft paste and coat the chops with it. Marinate the lamb for 3–4 hours.

Preheat the oven at 180C (gas mark 4) for 10 minutes. Before putting the chops on the tray, coat it with butter. Arrange the chops on the baking tray.

Put the tray with lamb chops in oven and cook for 30 minutes or until the lamb is tender.

Serve hot with mint chutney (see p. 13 for this).

Lamb Jalfrezi

INGREDIENTS

- 30ml vegetable oil
- 6tsp fresh ginger, chopped
- 2tsp garlic, chopped
- 1 medium onion, chopped
- 1tsp green chillies, chopped
- 1tsp ground turmeric
- 1tsp chilli powder
- 1tsp coriander seeds, crushed
- 1tsp whole red chilli, deseeded
- 1tsp ground cumin
- salt to taste
- 450g boneless lamb, sliced
- 125ml water
- 500g tomatoes, deseeded and chopped
- 2–3tbsp vegetable oil
- 2tsp ground coriander
- 2tsp julienne ginger
- 2tsp fresh coriander, chopped
- ½ green pepper, chopped
- 1 tomato, cut into julienne
- 2tsp julienne fresh ginger, for garnishing

(SERVES 4)

METHOD

Heat the oil in a pan and add the ginger and garlic and cook until the garlic is light brown. Add the chopped onion and sauté until it turns golden brown. Add chopped green chillies and sauté for 2 minutes. Now add ground turmeric, chilli power, coriander seeds, whole red chilli, ground cumin and salt and cook gently on a medium heat for 5 minutes.

Next add the lamb and mix it well with ingredients already in the pan. Continue cooking for a few minutes, scraping the base of the pan so that spices do not stick to the bottom.

Add the water and cook for another 5 minutes before adding the tomatoes. Now cover and cook over a medium heat for 20 minutes.

Remove the lid and simmer for a further 10 minutes to let the excess liquid evaporate and allow the sauce to thicken.

Add the oil, ground coriander, ginger, fresh coriander, chopped peppers, julienne tomato and sauté for 2 minutes.

Serve hot, garnished with the fresh ginger.

Lamb Rogan Josh

INGREDIENTS

80ml vegetable oil
1 medium onion, chopped
2tbsp fresh ginger, chopped
2tbsp garlic, chopped
1tsp ground cumin
1tsp ground turmeric
1tsp red chilli powder
salt to taste
560g boneless lamb, cut into chunks
650g plum tomatoes, peeled
2tbsp ground almonds
350ml single cream
30ml coconut cream
1 tomato, sliced

for the stock

5 green lychees
5 black lychees
4 x 2–3cm cinnamon sticks
5 cloves
250ml water

(SERVES 4–6)

METHOD

First make the stock. Place the lychees, cinnamon sticks, cloves and water in a pan. Bring it to the boil and simmer on low heat for 20 minutes.

Heat the oil in a pan, over medium-high heat, add the onion and sauté until golden brown. Add the fresh ginger, garlic, ground cumin, ground turmeric, red chilli powder and salt and stir-fry for 3–4 minutes.

Now add the lamb and stir-fry for 15 minutes. Next add the plum tomatoes and blend well before slowly adding the stock while stirring well.

Cover the pan and simmer for another 15–20 minutes or until the meat is tender.

Stir in ground almonds, cream and coconut cream and simmer for a further 5 minutes.

Serve hot, garnished with the sliced tomato and a little extra cream.

Mild Beef Curry

INGREDIENTS

300ml vegetable oil
3 medium onions, finely chopped
1kg lean beef, cubed
1½tsp garam masala
1½tsp ground coriander
1½tsp fresh ginger, finely chopped
1½tsp fresh garlic, crushed
1tsp salt
150ml natural yoghurt
2 cloves
3 green cardamoms
4 black peppercorns
600ml water
a few sprigs of fresh coriander

(SERVES 6)

METHOD

Heat the oil in a saucepan over a medium heat. Add the onions and stir-fry until golden brown. Remove half of the onions from the pan and put them to one side.

Add the meat to the remaining onions in the pan and stir-fry for about 5 minutes.

Remove the pan from the heat.

Mix the garam masala, ground coriander, ginger, garlic, salt and yoghurt in a bowl. Gradually add the meat to the yoghurt and spice mixture and mix to coat the meat on all sides. Put the meat and the yoghurt and spice mixture in the saucepan, return it to the heat and stir-fry for 5–7 minutes or until the mixture is nearly brown in colour.

Add the cloves, green cardamoms, black peppercorns and the water. Lower the heat, cover the pan with a lid and leave it to simmer for about 45–60 minutes.

If the water is completely evaporated but the meat is not tender enough, add another 300ml of water and cook a further 10–15 minutes, stirring occasionally.

Just before serving, garnish with the reserved onions and the fresh coriander.

Mughlai Leg of Lamb

INGREDIENTS

2.5kg leg of lamb
2tsp fresh root ginger, finely chopped
2tsp fresh garlic, crushed
2tsp garam masala
1tsp salt
2tsp black cumin seeds
4 black peppercorns
3 cloves
1tsp chilli powder
3 tbsp lemon juice
300ml oil
1 large onion, peeled and chopped
2 litres water

(SERVES 6)

METHOD

Remove the fat from the lamb and prick it all over with a fork.

In a bowl, mix the ginger, garlic, garam masala, salt, black cumin seeds, peppercorns, cloves and chilli powder until everything is well combined. Then stir in the lemon juice and mix well. Rub the mixture all over the leg of lamb and set it aside for 2 hours.

Scanned & Converted to PDF by FFC[illegible]

Heat the oil in a pan. Brown the meat in the pan and then add the onion. Pour in enough water to cover the meat, put a lid on the pan and cook over a low heat for 2–3 hours, turning occasionally. If, after a while, the water has evaporated and the meat is not tender, add some extra water. Once the water has completely evaporated, turn the lamb over to brown it on all sides.

Remove the lamb from the pan and transfer to a serving dish. Cut the lamb into slices or serve it whole to be carved at the table.

Serve hot or cold, garnish with the reserved onions.

Pork Vindaloo

INGREDIENTS

1–2tsp chilli powder
1tsp turmeric
2tsp ground cumin seeds
2tsp ground mustard seeds
2tbsp ground coriander seeds
3.5cm piece of fresh root ginger, finely chopped
salt
150ml malt vinegar
1 large onion, finely chopped
2 cloves garlic, crushed
750g pork fillet, cubed
4tbsp oil

(SERVES 4)

METHOD

Mix the spices and salt with the vinegar. Put the onion, garlic and pork in a bowl, pour over the vinegar mixture, cover and leave in the fridge overnight.

Heat the oil in a large pan, add the pork mixture, bring to simmering point, cover for about 45 minutes or until pork is tender.

VEGETARIAN

Exotic aubergine and okra dishes and the more everyday ones using potatoes and cauliflower all show that meat-free menus needn't be boring

Aloo Gobi

INGREDIENTS

100g potatoes
350g cauliflower
60ml vegetable oil
1 medium onion, chopped
½tsp red chilli powder
1tsp ground cumin
½tsp ground turmeric
1tsp ground coriander
1½tbsp ready-made ginger and garlic paste
1 medium tomato, chopped
salt to taste
½tsp garam masala
1tsp green chilli, chopped
a few springs of fresh coriander

(SERVES 4–6)

METHOD

Peel the potatoes and soak them in water with a pinch of salt. Drain the water and cut potatoes into cubes. Cut the cauliflower into small florets.

Heat the oil in a wok over medium heat and sauté the potatoes and cauliflower for 5 minutes until they are a light brown colour. Remove potatoes and cauliflower and put them to one side.

Next add the onions to the wok and cook them until they turn a light golden brown. Add the red chilli powder, ground cumin, ground turmeric, ground coriander, ginger and garlic paste, chopped tomato and salt and mix well before sprinkling in the garam masala.

Now add the cauliflower, potatoes and green chilli and stir-fry for 5 minutes. Add a little water, cover the wok with a lid and cook over medium heat for a further 5 minutes.

Serve hot, garnished with the sprigs of coriander.

Baigan Bharta

INGREDIENTS

1 medium baigan (aubergine)
3tbsp vegetable oil
1 green chilli, finely chopped
1 onion, finely chopped
½tsp red chilli powder
¼tsp ground turmeric
½tsp garam masala
salt to taste
1 tomato, finely chopped
½ cup green peas, cooked
a handful of chopped coriander leaves for garnishing

(SERVES 4–6)

METHOD

Brush the baigan with some of the oil and, holding it in tongs, roast it over a gas burner at a medium heat. Turn the baigan over frequently until it is fully roasted.

Once it is done, hold it under cold running water or put it in a bowlful of water to cool it and then peel off the blackened skin and mash the flesh.

Heat the rest of the oil in a pan. Add the green chilli and onion and fry over a medium heat until a light golden brown. Add the red chilli powder, ground turmeric, garam masala and salt and stir. Add tomato and cook until tender. Now add the green peas and the mashed baigan and stir well. Fry the baigan bharta mixture for 5–7 minutes over medium heat.

Garnish the baigan bharta with the chopped coriander leaves and serve hot.

Okra Bhaji

INGREDIENTS

60ml vegetable oil
40g onions, sliced
450g okra, left whole
2 green chillies, chopped
2tsp ground cumin
salt to taste
½tsp white pepper
½tsp garam masala
1 lemon, cut into wedges

(SERVES 4)

METHOD

Heat the oil in a pan. Add the onions and sauté for 3 minutes.

Add the okra, green chillies, ground cumin, salt and pepper and continue cooking for 5 minutes.

Sprinkle in the garam masala and continue stirring for a further 4 minutes or until okra is crisp but tender.

Serve hot, with a lemon wedge on the side.

Palak Paneer

INGREDIENTS

90ml vegetable oil
350g paneer (Indian cheese), cut into 3cm cubes
3tsp ready-made garlic paste
2tsp ground ginger
½ onion, chopped
2 green chillies, chopped
700g fresh spinach leaves, washed
salt to taste
½tsp garam masala
60ml double cream
1 lemon, cut into wedges

(serves 4)

METHOD

Heat the oil in a pan over a medium heat. Add the cubes of cheese and fry for 5–6 minutes or until cheese is golden brown. Remove cheese using slotted spoon and put it to one side.

Add the garlic paste and the ground ginger to the same pan and then stir in the onions and green chillies. Continue stir-frying for 5 minutes until onions are soft but not brown.

Add the washed spinach and the salt and stir until the spinach leaves wilt. Continue cooking over lower heat, covered with lid, until the spinach is soft.

Stir in the garam masala and cream and simmer for 2 minutes before gently adding the fried cheese. Continue simmering for a further 3–4 minutes until cheese is heated through.

Serve hot, with lemon wedges on the side.

Punjabi Channa

INGREDIENTS

225g chickpeas
½tsp baking powder
salt to taste
100ml vegetable oil
2tbsp ready-made ginger and garlic paste
2tsp red chilli powder
1½tsp ground coriander
1 tomato, chopped
2tsp green chillies, chopped
400ml water
40ml lemon juice
1tsp garam masala
3g julienne of fresh root ginger

(SERVES 4–6)

METHOD

Put the chickpeas in a bowl of water. Leave them to soak for 2 hours and then drain off the water. Now put the chickpeas in a pan of fresh water, add the baking powder and salt, bring to the boil and cook until chickpeas are tender.

Heat the oil in a pan. Add the ready-made ginger and garlic paste and fry until golden. Add the red chilli powder, ground coriander and stir-fry for 5–7 minutes. Next add the tomatoes and green chillies to the pan along with a little water. Bring the mixture to the boil, lower the heat and continue cooking until the oil comes to the surface.

Add the boiled chickpeas and cook for a further 5 minutes before adding the lemon juice and garam masala.

Serve hot, garnished with julienne ginger.

Shabanam Curry

INGREDIENTS

60ml vegetable oil
1 small onion chopped
2tbsp ready-made ginger and garlic paste
1tsp ground turmeric
1tsp red chilli powder
2tsp ground coriander
4 tomatoes, chopped
60ml tomato purée
120g small mushrooms
120g green peas
70ml water
salt to taste
1tsp garam masala
1tbsp cashew nut paste *(see p. 58 for how to make this)*
1tsp fresh coriander, chopped

(SERVES 4–6)

METHOD

Heat the oil in a pan, add the onion and cook until golden brown. Stir the ready-made ginger and garlic paste in with the onion, add a little water and cook until the water evaporates.

Next add the ground turmeric, red chilli powder and ground coriander and stir constantly for 2–3 minutes.

Add the chopped tomatoes and tomato purée and continue cooking until the oil separates.

Add the mushrooms and peas, give everything a good mix together and carry on cooking for a further 5 minutes.

Now add the water and salt, cover with a lid and simmer for 5–7 minutes.

Add the garam masala and cashew nut paste and simmer for another 3–4 minutes on low heat

Serve hot, garnished with the fresh coriander.

Traditional Indian Daal

INGREDIENTS

500g red lentils (daal)
10 cups of water
1 onion, chopped
100g butter
2tbsp fresh ginger
2tbsp garlic
salt to taste
1tsp red chilli powder
1tsp turmeric
100g tomatoes
a pinch of ground fenugreek
a handful of fresh coriander, chopped, for garnishing

(SERVES 4)

METHOD

Wash the lentils thoroughly and put them in a pan with the 10 cups of water. Cover the pan and bring it to the boil. Simmer until the lentils absorb the water and begin to thicken. Make sure the lentils do not boil dry and add more water if required.

Meanwhile, fry the onions in the butter until golden brown. Add the ginger, garlic, salt, chilli powder and turmeric to the onions and fry for a few minutes or until onions are cooked.

Add the tomatoes and ground fenugreek and stir continuously until blended.

Add all these ingredients to the lentils and mix well.

Garnish with the fresh coriander.

SUNDRIES

Scanned & Converted to PDF
by FFCcottage

Here is a variety of interesting breads and rice dishes to serve with your main courses

Bhatura

INGREDIENTS

15g fresh yeast
1tsp granulated sugar
120ml lukewarm water
200g strong white flour
50g semolina
½tsp salt
15g ghee or butter
2tbsp natural yoghurt
oil for frying

(MAKES 10)

METHOD

In a jug, mix the yeast with the sugar and water.

Sift the flour into a large bowl and then stir in the semolina and salt. Rub the butter or ghee in to the flour mixture.

Add the yeast mixture and the yoghurt and mix to form a dough. Turn out on to a lightly floured surface and knead the dough for 10 minutes or until it becomes smooth and elastic.

Place the dough in an oiled bowl, cover with oiled cling film and leave in a warm place for about 1 hour until it has risen and doubled in size.

Turn the dough out on to a lightly floured surface and punch it down. Divide the dough into ten equal pieces and shape each one into a ball. Flatten the balls into disc shapes with the palm of your hand and then roll them out on a lightly floured surface to form circles of about 13cm in diameter.

Pour oil to a depth of about 1cm into a deep frying pan. Heat the oil, slide in one bhatura and fry it for about 1 minute, turning it over after 30 seconds. Then drain off the excess oil on the bhatura on kitchen paper.

Keep each bhatura warm in a low oven while frying the remaining ones.

Serve immediately while still hot.

Chapatti

INGREDIENTS

225g chapatti flour or wholemeal flour
½tsp salt
175ml water

(MAKES 8–10)

METHOD

Sift the flour and salt into a mixing bowl. Make a well in the centre and gradually stir in the water, mixing well with your fingers.

Form a supple dough and knead for 7–10 minutes. Now cover the bowl with cling film and leave on one side for 15–20 minutes to rest.

Divide the dough into 8–10 equal portions and, on a well-floured surface, roll out each piece to form a thin circle.

Place a tava (chapatti griddle) or heavy frying pan over a high heat. When steam rises from it, lower the heat to medium and add the first chapatti to the pan. When the chapatti begins to bubble, turn it over. Press down with a clean cloth or flat spoon and turn once again.

Remove the cooked chapatti from the pan and keep it warm in a piece of foil lined with kitchen paper while cooking the others.

Masala Noodles

INGREDIENTS

250g medium noodles
1tbsp oil
3–4 cloves garlic, chopped
2–3cm fresh root ginger chopped
4–5 green chillies, chopped
2 onions, chopped
3 or 4 tomatoes, chopped
salt to taste
½tsp garam masala
½tsp red chilli powder
4tsp fresh coriander leaves, chopped

(SERVES 4)

METHOD

Boil the noodles as directed on packet. Drain them in a colander, rinse them in cold water and put them to one side.

Heat the oil in a non-stick pan and fry the garlic, ginger, green chillies and onions until the onions turn golden brown.

Add the tomatoes along with the salt, garam masala and red chilli powder and cook until the tomatoes are tender.

Add the noodles, stir well and cook for 5 minutes.

Serve immediately, garnished with the fresh coriander.

Nan

INGREDIENTS

1tsp sugar
210ml warm water
30g dried yeast
455g strong white flour
1tsp salt
6tbsp yoghurt
2tbsp melted butter or ghee
oil for coating

(MAKES 6)

METHOD

Dissolve the sugar in the warm water and then sprinkle in the yeast. Leave the mixture for 15 minutes by which time it should be frothy.

Sift the flour and salt into a separate bowl and mix. Make a well in centre of the flour and pour in the yoghurt, melted butter or ghee and the yeast mixture and mix well. Knead for about 10 minutes until the dough forms a ball shape and put it in a greased bowl. Cover the bowl and let the mixture rest in a warm place for about 2–3 hours and the dough has doubled in size.

Knead the ball down again and divide it into 6 pieces. Flatten each one on a lightly floured surface, rolling it into a roughly triangular shape about 0.5cm thick. Brush each nan with butter or oil, put them on a greased tray and bake for 10–15 minutes at 230C (gas mark 8). Place them under the grill to brown slightly.

Paratha

INGREDIENTS

250g chapatti flour or equal amounts of wholemeal and plain flour
1tsp salt
200ml water
50–75g ghee or 1–1½tsp vegetable oil

(MAKES 6)

METHOD

Place the flour and salt in a bowl. Make a well in the centre, gradually stir in the water and work to a soft, supple dough. Knead the dough for 10 minutes and then cover the bowl and it leave in a cool place for 30 minutes. Now knead it again very thoroughly before dividing it into 6 equal pieces.

Roll out each one on a floured surface to form thin circles. Brush them with melted ghee or oil, fold in half, brush with oil again and fold in half again. Next roll each one out again to form a circle about 3mm thick.

Lightly grease a griddle or heavy-based frying pan with a little ghee or oil and place it over a moderate heat. Add a paratha and cook for 1 minute. Lightly brush the top with a little ghee or oil and turn it over. Brush all around the edge with ghee or oil and cook until golden. Remove the paratha from the pan and keep it warm while cooking the rest.

Serve hot.

Pilau Rice

INGREDIENTS

2 cups basmati rice
3 cups of warm boiled water
30ml vegetable oil
4 x 2–3cm cinnamon sticks
4 bay leaves
5 cloves
1tsp black peppercorns, crushed
1medium onion, sliced
1tsp fresh garlic
1tsp ground ginger
3tsp ground coriander
1 tomato, chopped
salt to taste

(SERVES 4–6)

METHOD

Soak the rice in the warm water for approximately 15 minutes.

Heat the oil, add the cinnamon sticks, bay leaves, cloves and crushed peppercorns and fry for a few minutes.

Add the onion and fry until it turns light brown.

Now add the garlic, ginger, coriander, tomato and salt and cook until the tomato becomes smooth.

Add the water from the rice and bring it to the boil before adding the rice. Cover the pan with a lid and let the rice simmer until the water has been absorbed.

Poori

INGREDIENTS

250g wholemeal flour or
half wholemeal and half
plain white flour
¼tsp salt
150ml warm water
2tsp melted ghee or
vegetable oil
enough oil for deep-frying

(MAKES 16)

METHOD

Place the wholemeal flour and salt in a bowl and sift in the plain flour if using. Make a well in the centre, add the measured water gradually and work into a dough. Knead in the ghee or vegetable oil and then continue kneading for 10 minutes until the dough is smooth and elastic. Cover the bowl and set it aside for 30 minutes.

Now divide the dough into 16 pieces and, with lightly oiled hands, pat each piece into a ball. Lightly oil a pastry board and rolling pin and roll out each ball into a thin circular pancake.

Heat the oil and deep-fry the pooris very quickly, turning them over once, until they are a deep golden colour. Drain off the excess oil from the pooris on kitchen roll and serve immediately.

Vegetable Pilau

INGREDIENTS

3 cups water
2 cups basmati rice
30ml vegetable oil
4 x 2–3cm cinnamon sticks
1tsp black peppercorns, crushed
5 cloves
4 bay leaves
1 large onion, sliced
1tsp fresh garlic
1tsp ground ginger
3tsp ground coriander
1tsp ground turmeric
1 tomato, chopped
salt to taste
85g cauliflower, broken into florets
85g frozen peas

(SERVES 4–6)

METHOD

Soak the rice in the warm water for approximately 15 minutes.

Heat the oil, add the cinnamon sticks, crushed peppercorns, cloves and bay leaves and fry for a few minutes.

Add the onion and fry until it turns golden brown. Add the garlic, ginger, coriander, turmeric, tomato and salt and cook until tomato becomes smooth. Now add the cauliflower and peas to the mixture and stir.

Add the water from the rice and bring to the boil before adding the rice, gently stirring it into mixture. Cover the pan with a lid and let the rice simmer until the water has been absorbed.

DESSERTS

Round off your meal with a creamy kulfi, some refreshing mango ice cream or traditional Indian rice pudding. Or why not try some delicious Indian carrot cake?

Almond Pudding

Scanned & Converted to PDF
by FFCcottage

INGREDIENTS

2tbsp pudding rice
2 cups of milk
3tbsp white sugar
1tsp green cardamom pods, crushed
¼ cup blanched almonds, sliced
½tsp kewra essence or rose water
10 pistachio nuts, crushed, for garnishing

(SERVES 4–6)

METHOD

Soak the rice in some water for a few hours. Drain off the water and then grind rice into a smooth paste.

In a non-stick saucepan, bring the milk to the boil. Over a moderately low heat, add the ground rice, sugar and crushed cardamom and stir constantly until the mixture thickens. Remove the pan from the heat and add the almonds and the kewra essence or rose water.

Pour the pudding into a serving bowl and put it in the fridge to chill.

Before serving, garnish with the crushed pistachio nuts.

Gajar ka Halva

INGREDIENTS

- 700ml milk
- 150ml single cream
- 500g carrots, coarsely grated
- 85g castor sugar
- 1tbsp dark brown sugar
- 55g butter, melted
- 100g ground almonds
- 6 green cardamom pods, pods discarded and seeds lightly crushed
- 3tbsp raisins or sultanas
- 10 pistachio nuts, crushed, for garnishing

(SERVES 4–6)

METHOD

Rinse a large, heavy-based saucepan with cold water and do not dry it. Pour the milk and cream into the pan, then stir in the carrots and put the pan over a high heat. Stirring continuously, slowly bring the mixture to the boil. Now reduce the heat to its lowest setting and simmer, stirring frequently for 2 hours or until most of the milk has evaporated and the carrot mixture has thickened.

Stir in the castor and dark brown sugars, then continue simmering for a further 30 minutes, stirring almost constantly to prevent the mixture from catching on the base of the pan.

Stir in the butter, ground almonds, cardamom seeds and raisins. Continue simmering, stirring constantly, until the mixture is thick and there is a thin layer of butter on the surface.

Stir the pudding well, then transfer it to a serving dish, sprinkle the crushed pistachio nuts over the top.

Gulab Jamin

INGREDIENTS

750g white sugar
1.5litre water
60g self-raising flour
90g semolina
1tsp butter
175ml milk
250ml milk
enough vegetable oil for
  deep-frying

(MAKES 25–30)

METHOD

To make the syrup, put the sugar and water into a large heavy-bottomed saucepan, bring to the boil and continue to simmer on a low heat until the mixture thickens.

Meanwhile, place the self-raising flour, semolina and butter in a large bowl, gradually add the milk and knead the mixture into a dough. Once the dough is consistent, form it into small cylindrical-shaped gulab jamins.

Heat the oil and add a gulab jamin. The oil is at the correct temperature if the gulab jamin starts to sizzle and rise to the top of the oil. Add a dozen to the oil and fry them until they are a rich brown colour.

Turn the heat off under the syrup and, once you have cooked all the gulab jamins, place them in the syrup. Leave them to soak in the warm syrup for 2 hours.

Serve them with a little syrup drizzled over the top.

Kheer

INGREDIENTS

75g long grain rice
1.8 litre milk
50g sultanas (optional)
castor sugar to taste
150ml single cream
flaked almonds or
pistachio nuts, for garnishing

(SERVES 4)

METHOD

Place the rice and 1 litre of the milk in a heavy-based pan. Cook gently at simmering point for 45–60 minutes until most of the milk has been absorbed.

Add the remaining milk and the sultanas, if using, stir well and continue simmering until it has thickened. Remove the pan from the heat and add the sugar to taste.

Leave until completely cold, stirring occasionally to prevent a skin forming, and then stir in the cream.

Put into small dishes and serve cold, sprinkled with flaked almonds or pistachio nuts.

Mango Ice Cream

INGREDIENTS

425g tin of mango pulp (available from most Asian food stores or from www.ashokaspiceshop.com)
3tbsp clear honey
600ml double cream
50g ground almonds
4 egg whites
a few mint leaves, for garnishing

(SERVES 8)

METHOD

Warm the mango pulp in a saucepan over a gentle heat and then stir in the honey and keep stirring until it has melted. Remove the pan from the heat and stir in the cream and ground almonds until they are evenly mixed. Set aside and cool.

Pour the mango ice-cream mixture into a freezer container and place it in the freezer. Freeze for about 4 hours or until mixture is just beginning to freeze around the edges and becoming slushy. Remove the container from the freezer and turn the mango ice cream out into a bowl and carefully break up the mixture with a fork.

Whisk the egg whites in a clean bowl until stiff and then gently fold them into the half-frozen ice-cream mixture. Return it to the freezer container and freeze for a further 4 hours until solid. Remove the ice cream from the freezer 15 minutes before serving to soften slightly.

Scoop the ice cream into individual bowls and decorate with the mint leaves.

Pista Kulfi

INGREDIENTS

4 cups of milk
8tsp of sugar or to taste
1tbsp of skinned pistachios, thinly sliced
1tbsp of skinned almonds, finely ground (optional)
½tsp of ground green cardamom seeds
a handful of pistachios crushed

(MAKES 4)

METHOD

Put the milk into a wide, heavy pan and bring it to the boil over high heat, stirring constantly.

Lower the heat and cook the milk, stirring constantly, until it has thickened and reduced by more than half, to about 1–2 cups. (This will take about 40–45 minutes.) Keep scraping the sides of the pan to avoid scalding.

Now add the sugar, nuts and cardamom seeds and stir well.

Allow to cool before pouring the mixture into kulfi moulds or small ramekins, filling each one evenly. Cover with cling film and leave the mixture to set in the freezer for 6 hours.

To serve, remove the puddings by running a sharp knife around the edges of kulfi moulds or ramekins and inverting them on to dessert plates.

Garnish with the crushed pistachio nuts and serve.

index

BEEF DISHES
- Beef and Broccoli Balti 81
- Beef Madras Curry 83
- Mild Beef Curry 96

BREADS
- Bhatura 118
- Chapatti 120
- Nan 123
- Paratha 126
- Poori 131

CHICKEN DISHES
- Chicken Achari 58
- Chicken Biryani 60
- Chicken Chasni 61
- Chicken Korma 62
- Chicken Masala 65
- Chicken Mulligatawny Soup 34
- Chicken Tikka Kebab 20
- Honey Chicken Tikka 67
- Murgh ka Salan 68
- Murgh Lababdar 71
- Murgh Makhni 72
- Sarsoon ka Murgh 73
- Tandoori Chicken 75

CHUTNEYS
- Coriander Chutney 3
- Imilee Chutney 10
- Mango Chutney 11
- Mint and Coconut Chutney 13

DESSERT DISHES
- Almond Pudding 136
- Gajar ka Halva 137
- Gulab Jamin 139
- Kheer 140
- Mango Ice Cream 142
- Pista Kulfi 145

DRINKS
- Salt Lassi 14

FISH DISHES
- Balti Fish Curry 43
- Fish Kebab 44
- Goanese Fish 48
- Golden Fried Prawns 23
- Grilled King Fish 49
- Prawn Balchao 50
- Punjabi Jhinga Curry 53
- Salmon Tikka 54

LAMB DISHES
- Aloo Maas Zaffrani 78
- Keema Mattar 87
- Lamb Bhoona 88
- Lamb Chops 90
- Lamb Jalfrezi 93
- Lamb Rogan Josh 94
- Mughlai Leg of Lamb 97
- Spring Lamb Chops 26

NOODLE DISHES
- Masala Noodles 121

PICKLES AND RAITAS
- Cucumber and Onion Raita 4
- Hot Lime Pickle 6

PORK DISHES
- Chilli Pork with Curry Leaves 84
- Pork Vindaloo 99

RICE DISHES
- Pilau Rice 129
- Vegetable Pilau 132

VEGETABLE DISHES
- Aloo Gobi 103
- Aloo Tikki 19
- Baigan Bharta 105
- Daal Soup 36
- Indian Pea Soup 37
- Masala Dosa 24
- Okra Bhaji 108
- Onion Bhaji 25
- Pakora Sauce 13
- Palak Paneer 109
- Punjabi Channa 111
- Shabanam Curry 113
- Spiced Onions 15
- Stuffed Capsicums 27
- Tomato and Coriander Soup 38
- Traditional Indian Daal 114
- Vegetable Pakoras 29
- Vegetable Samosas 31

weights, measures and servings

Standards Liquid

1 tsp	=	5ml
1 tbsp	=	15ml
1 fl.oz	=	30ml
1 pint	=	20 fl.oz
1 litre	=	35 fl.oz

Standards Solid

1 oz	=	30g
1 lb	=	16 oz
1g	=	0.35 oz
1 kg	=	2.2 lb

Liquid Conversions

Metric	Imperial
15ml	½ fl.oz
30ml	1 fl.oz
50ml	1¾ fl.oz
100ml	3½ fl.oz
250ml	8 fl.oz
500ml	16 ⅔ fl.oz
600ml	20 fl.oz (1pint)
1 litre	1¾ pints

Solid Weight Conversions

Metric	Imperial
5g	⅙ oz
10g	⅓ oz
15g	½ oz
30g	1 oz
50g	1¾ oz
60g	2 oz
90g	3 oz
100g	3½ oz
250g	8¾ oz
500g	16⅔ oz

Oven Temperature Conversions

°C	Gas	°F
110	¼	225
120	½	250
140	1	275
150	2	300
160	3	325
175	4	350
190	5	375
200	6	400
220	7	425
230	8	450
240	9	475
260	10	500

All weights, measures and servings are approximate conversions

Please visit www.ashokaspiceshop.com where you'll find all the spices you'll need for the recipes in this book.